



WILDERNESS FIRST RESPONDER COURSE

Sponsored by the Wilderness Medicine Institute of NOLS and Johns Hopkins Experiential Education

DATES: January 11-20, 2016

COST: \$710 tuition only

LOCATION: Johns Hopkins University – Baltimore, Maryland

COURSE DESCRIPTION

Essential for anyone who spends a significant amount of time in remote places, the Wilderness First Responder (WFR) course will prepare you to make difficult medical decisions. During this fast-paced, engaging course, you will spend half your time outside of the classroom in realistic scenarios, including a full-scale night mock rescue. The nationally recognized NOLS Wilderness Medicine Institute (WMI) curriculum encompasses a wide range of topics including long-term patient care, wound management, straightening angulated fractures, reducing dislocations, litter packaging, and administering medications.

The rigorous 80-hour curriculum is delivered by dynamic educators who have practiced medicine in both wilderness and urban environments. You will leave this course with the tools and confidence to manage patients in the backcountry for multiple days. This 10-day course is ideal for all professionals operating in remote environments. WMI Adult and Child CPR & Airway Management certification is included.

CLASS FORMAT AND PERSONAL PREPARADNESS

Check in is at 7:45 am on the first day of the course. Course days run from 8:00 am –5:00 pm, plus two evening sessions. The format for this 80-hour WFR is classroom lectures integrated with practical scenarios. Attendance is required for all scheduled classes. Scenarios and practice sessions will take place both inside and outside. Bring outdoor clothing appropriate for lying on potentially wet, snowy, and/or cold ground playing the role of both rescuer and patient. Frequently stage (moulage) blood and make-up will be used to emphasize the reality of a scenario. Generally the classroom environment lends itself to a pair of comfy shoes/slipper and a camp-type chair.

You will need: a large daypack with multiple layers, water bottle, waterproof top and bottoms, sturdy boots, head lamp or flashlight, and a watch with a second hand. A 4-hour evening, outdoor mock rescue is part of the curriculum, so dress accordingly.

REGISTRATION/POLICIES

The tuition fee covers textbooks, syllabus, equipment and certifications. WMI is not obligated to allow any student to attend a course until all WMI paperwork has been received, reviewed and approved by WMI. A full refund will be given if we need to cancel the course for any reason.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

- Greater than or equal to 30 days prior to the course start date (**December 11, 2015**), sponsors (WMI and Experiential Education) will retain \$200
- Within 30 days of the course start date and once the course has begun, tuition is non-refundable and non-transferable.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS RELEASE AND INDEMNITY AGREEMENT

If you have not yet filled one out, please visit the “WMI waiver” link and read the “Acknowledgement and Assumption of Risks Release and Indemnity Agreement” very carefully as it affects your legal rights, you will go over it the first day of class. Additionally, please read and complete the medical form and JHU waiver at the links below. Bring the signed document to the first day of the course. If you are a minor, a parent or guardian must sign the document. Failure to provide

a signed document will result in you not being able to participate in the course. WMI participants, including minors, will have unsupervised free time throughout this course. Any activities during the free time are not part of the WMI and Experiential Education program and are at the sole risk of the participant. **WMI participants, including minors, will have unsupervised free time throughout the course. Any activities during the free time are not part of the WMI program and are at the sole risk of the participant.**

WMI Waiver: http://www.nols.edu/wmi/pdf/wmi_agreement.pdf

Medical History Form: http://web.jhu.edu/recreation/experiential_ed/forms/Medical_History_Form.pdf

JHU Waiver: http://web.jhu.edu/recreation/experiential_ed/forms/Waiver_General.pdf

CONTINUING EDUCATION COLLEGE CREDIT AND EMT CEUS

WMI is proud to be a Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS) accredited organization. Current EMTs are eligible to receive 70 CEU hours for participation in a Wilderness First Responder course. Please bring a photocopy of your current EMT card(s) with you to your course.

Pre-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through Western State Colorado University (WSCU) for an additional cost of \$165. Thirty days prior to the WMI course, interested students must initiate registration and payment for credit by requesting an enrollment form for WSCU from WMI.

On-Course Access to College Credit

The WFR course is pre-approved for three semester hour credits through the University of Utah for an additional cost of \$300. If you are interested in receiving college credit, please inquire with your instructors on the first day of class for the necessary information.

This certification course carries no academic credit for Johns Hopkins University. The credits offered through University of Utah are not transferable to Johns Hopkins University. Please check with your college or university ahead of time to make sure they will accept these credits for transfer.

TRAVEL/DIRECTIONS

The course will meet in the Bloomberg Building (#10 on the map) located on the grounds of Johns Hopkins University, Homewood campus. Please consult with the map of the campus at the following link:

http://webapps.jhu.edu/jhuniverse/information_about_hopkins/visitor_information/how_to_get_here/homewood_campus/pdf/campus_map_0907.pdf

PARKING

There is pay parking on campus. Rates and locations can be found [here](#). The North Parking Lot and San Martin Parking Garage are the closest to the Bloomberg building. You may be able to find free parking in the neighborhood surrounding the Homewood campus. Best place to check is the area just North of West University Parkway just check the signs

LODGING AND MEALS

There are no meals and lodging package available for this course. Here is a list of lodging options and information to assist you in making your own arrangements:

Lodging: These are the closest to campus. There are many more options in downtown Baltimore.

Inn at the Colonnade 410.235.5400

Hopkins Inn 410.235.8600

Radisson Hotel Cross Keys 410.532.6900

COURSE POLICIES

Pets are not allowed at the course site. This includes leashing them outside. Any student bringing a pet to class will be asked to leave until the pet is safely situated in a kennel or other facility. No exceptions.

No alcohol or tobacco is allowed on-site.

Please contact the Wilderness Medicine Institute of NOLS or the Experiential Education program with any further questions or concerns.

Wilderness Medicine Institute

Phone: 866.831.9001

Fax: 307.355.2355

Email: wmi@nols.edu

Website: <http://www.wmi.nols.edu>

Experiential Education, Outdoor Pursuits

Phone: 410.516.4417

Fax: 410.516.5376

Email: op@jhu.edu

Website: <http://www.jhu.edu/op>

DAY 1

Morning

Introductions: Wilderness vs. Urban

Patient Assessment System

Afternoon

Patient Assessment System

Documentation

Readings: Ch. 1

DAY 2

Morning

Spinal Cord Injury

Lifting and Moving

Spinal Immobilization & Litter Packaging

Afternoon

Chest Injury

Shock

Readings: Ch. 2, 3, 4

DAY 3

Morning

Focused Spinal Assessment

Head Injury

Afternoon

Athletic Injury

Fracture Management

Evening

Traction Splinting

Dislocations

Readings: Ch. 4, 5, 6

DAY 4

Morning

Wilderness Wound Management

Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury

Heat and Hydration

Readings: Ch. 7, 8, 9, 10, 23

DAY 5

Morning

Altitude Illness

Bites and Stings

Afternoon

Lightning

Submersion

Leadership, Teamwork, Communication

Readings: Ch. 11, 12, 13, 14, 26

DAY 6-DAY OFF

DAY 7

Morning

Cardiac

CPR

Afternoon

CPR

Respiratory

Altered Mental Status

Readings: Ch. 17, 19

DAY 8

Morning

Acute Abdomen

Allergies and Anaphylaxis

Afternoon

Diabetes

SAR, Evac and Emergency Plans

Evening

Mock Rescue

Readings: Ch. 16, 18, 19, Appendix B

DAY 9

Morning

Decision-making

Mental Health

Urinary and Reproductive

Afternoon

Poisoning

Communicable Disease

Medical Legal

Readings: Ch. 12, 20, 21, 22, 27, 28, 29

DAY 10

Morning

Common Problems Wrap-up

Wilderness Drug and First Aid Kits

Written and Practical Exams

Readings: Ch. 24, 25, Appendix A

Afternoon

Written and Practical Exams

Closing Ceremony